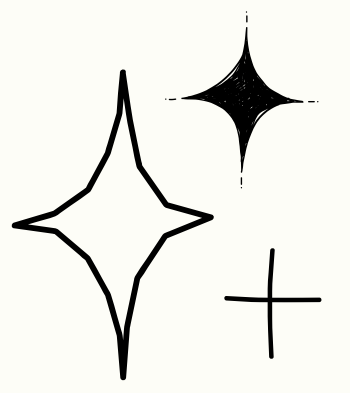


AUTOIMMUNE PROTOCOL



EAT

1 Meat & fish, avoid factory raised

2 Vegetables (except nightshades)

3 Sweet potatoes

4 Fruit (in small quantities)

5 Coconut milk

6 Avocado, olive, and coconut oil

7 Dairy-free fermented foods

8 Honey or maple syrup (in small quantities)

9 Fresh, non-seed herbs

10 Green tea and non-seed herbal teas

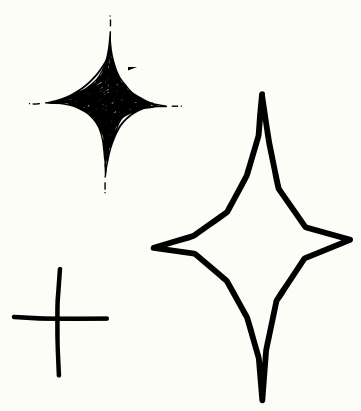
11 Bone broth

12 Vinegars

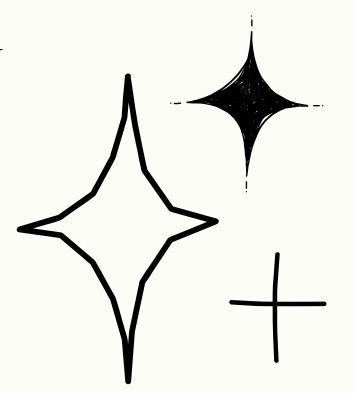
13 Eggs

14 Butter or ghee

15 Coffee: free from mold



AUTOIMMUNE PROTOCOL



AVOID

1

All grains: oats, rice, wheat

2

All dairy

3

Legumes: beans and peanuts

4

Nightshade veggies:
tomatoes, eggplant, peppers,
potatoes

5

All sugar and fake sugar

6

All oils except avocado,
coconut, and olive

7

#c5cbe1

Food additives: processed
foods

8

Alcohol

9

Coffee: in some cases